



Get **HEART** Smart

Visit your doctor and find out your healthy heart numbers*



Blood pressure



Total cholesterol/ HDL



Glucose



Beginning **September 15th**, employees will be able to complete their online or paper-based Health Risk Assessment (HRA).

Be sure to know your numbers ahead of time (including your height and weight), so you can enter them in your HRA and receive **FREE** personalized health tools and resources to help you reach your goals.

Have Questions?

Contact the Statewide Wellness Office
at 1-800-556-6106 or visit
www.delawell.delaware.gov

*Please check with your health plan regarding coverage for the doctor visit and testing as specific guidelines and limitations apply.